



# 76 EASY DINNER IDEAS



# 76 DINNER IDEAS!

Figuring out a dinner plan is often harder than actually making the food. We want to make that EASY for you!

We've rounded up **76 delicious, flavor-packed easy dinner recipes** to choose from! On the next page there is a list of clickable recipes divided by type of protein. **Click one you love** and you'll land on the recipe on BoulderLocavore.com.

In addition we've included a grocery planner, a monthly meal planner and a weekly meal planner. We hope this will give you more time to enjoy dinner than thinking about what to make!

If you aren't already on our mailing list please join! You'll never miss another recipe. [Learn more here!](#)



# DINNER IDEAS

## CHICKEN

- BAKED CHICKEN THIGHS
- ROAST CHICKEN
- CHICKEN CAESAR SALAD
- KOREAN BBQ CHICKEN
- CHICKEN & BISCUITS
- ORANGE CHICKEN
- CHICKEN COBB SALAD
- GREEN POSOLE
- CHICKEN FAJITAS
- CHICKEN SOUP
- CREAMY TUSCAN CHICKEN
- LEMON CHICKEN
- GREEK CHICKEN
- CHICKEN ENCHILADAS
- ASIAN CHICKEN SALAD
- BRUSCHETTA CHICKEN
- VIETNAMESE NOODLE BOWL
- CHICKEN ADOBO

## BEEF

- BEEF CHILI
- SALISBURY STEAK
- BEEF TIPS & MUSHROOM GRAVY
- MONGOLIAN BEEF
- BEEF STEW
- MEATLOAF
- STUFFED SWEET PEPPERS
- CARIBBEAN POT ROAST
- RED WINE BRAISED BEEF SHORT RIBS
- MEATBALLS
- HAMBURGERS
- SOUTHWESTERN STEAK STIR FRY
- COTTAGE PIE
- LASAGNA

## PORK

- PORK CARNITAS
- SPICY PORKCHOPS
- PORK LOIN ROAST
- TACOS AL PASTOR
- CUMIN LIME TENDERLOIN
- BBQ PORK RIBS
- RED BEANS AND RICE
- BAKED ZITI
- ZUPPA TOSCANA
- BBQ PULLED PORK SLIDERS
- SAUSAGE SKILLET LASAGNA
- SESAME BABY BACK RIBS
- SWEDISH MEATBALLS
- RED CHILI
- GREEN CHILE PORK STEW

## SEAFOOD

- TERIYAKI SALMON
- SHRIMP SALAD
- TUNA CAKES
- 5-MINUTE CAJUN SHRIMP
- DRAGON SHRIMP
- THAI MUSSELS
- LOBSTER RISOTTO
- SHRIMP FRIED RICE
- SHEET PAN SALMON
- SHRIMP CURRY
- SHRIMP CREOLE
- FISH TACOS
- SHRIMP SCAMPI
- LEMON CAPER SALMON
- BAKED COD

## VEGETARIAN

- VEGETABLE CURRY
- SPICY RAMEN NOODLES
- SPAGHETTI AGLIO E OLIO
- LEMON RICOTTA PASTA
- PAN FRIED POLENTA
- SPICY CHICKPEA STEW
- SAVORY TOMATO PIE
- VEGETARIAN CHILI
- MEXICAN LETTUCE WRAPS
- MINISTRONE SOUP
- WHITE BEAN SOUP
- VIETNAMESE SPRING ROLLS
- PANEER TIKKA MASALA
- CAPRESE SPAGHETTI SQUASH

## MORE IDEAS

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# MONTHLY MEAL PLAN

**MON**

**TUES**

**WED**

**THURS**

**FRI**

**SAT**

**SUN**


**NOTES**

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# WEEKLY MEAL PLAN

**LEGEND:** B= BREAKFAST  
L= LUNCH

D (1)= BREAKFAST  
D (2)= LUNCH

## MONDAY

B	L	D	D
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## TUESDAY

B	L	D	D
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## WEDNESDAY

B	L	D	D
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## THURSDAY

B	L	D	D
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## FRIDAY

B	L	D	D
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## SATURDAY

B	L	D	D
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## SUNDAY

B	L	D	D
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## NOTES

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